

# YOGA CLASS

Begins September 20th 2016

"Yoga is a systematic technology to improve the body, understand your own mind and free your spirit"  
Timothy McCall M.D.

## Yoga class for everyBODY !

Yoga is a comprehensive system that can help one reduce stress increase flexibility, improve balance, lower blood pressure, reduce over weight, prevent injury, heighten cardiovascular conditioning, increase oxygen supply to tissue and even improve sexual functioning and fulfillment. Yoga is not just for the fit and flexible, yoga is for everybody at any age or stage in their life.

Amanda has been teaching yoga for 6 years and is passionate about sharing the healing benefits of the practice with you. All you need to bring is yourself

and an open mind. Wear loose, comfortable clothes. Socks and yoga mat are optional.

**What:** Free Beginners Yoga Class

**When:** Tuesday's @ 7:00pm

**Where:** 1276 20th Ave.  
Gary, IN 46407  
(219) 944-0500